

PURSE SNATCHER



This is called the Purse Snatcher because of how it looks and works. A balloon is held tightly under one arm, just like a woman would hold her purse tightly under her arm, so no one could come by and snatch it from her. The opposite arm is held up as if to signal a policeman for help. All this frivolity actually builds lateral core stability.

Benefits »

- ⦿ Improves posture and core stability.
- ⦿ Strengthens torso muscles, especially obliques and back extensors.

Set It Up »

You will need a small balloon or Slo Mo ball to play the role of the purse. One variation uses an agility disc and a chair with arms.

How to Do It »

The Start

- ⦿ Participants sit tall in the chair, feet on the floor, abdominals braced, ribs lifted, and shoulder blades back and down.
- ⦿ Place balloon purse under one upper arm.
- ⦿ Inhale and sit tall to prepare.

The Moves

Use the following cues.

- ⦿ Exhale and squeeze balloon moderately tightly under one arm, while reaching directly straight up with other arm.
- ⦿ Hold the squeeze for 2-3 seconds.
- ⦿ Relax between repetitions.
- ⦿ Repeat 4 times and progress to doing 8 per side.

Take It Further »

- ⦿ Wave for Help! The arm that is in the air makes small quick circles, like hailing a cab or calling for a policeman.
- ⦿ Do longer or bigger waves.

Give It More Balance »

- ⦿ Sit closer to the edge of the chair.
- ⦿ Sit with feet offset or in tandem.
- ⦿ Rest feet on a balloon when sitting in a chair with arms.
- ⦿ Lift crossed ankles off the floor when sitting tall.
- ⦿ Do Purse Snatcher standing.
- ⦿ Do Purse Snatcher walking.

Keep It Safe »

- ⦿ Begin by gently squeezing the purse. Individuals with osteoporosis should be especially cautious about compressing a balloon to their ribs with great pressure.
- ⦿ Some participants will not be able to lift the opposite arm. That is perfectly fine; just have them sit tall with each lateral compression. The activity will still benefit their core muscles.
- ⦿ Nothing should hurt or cause any pain.

Live It »

Why not be imaginative with exercise? It can be fun and make a good exercise easy to remember. Keeping a purse close and standing or walking tall is a good functional exercise, too. Lateral core stability is good stuff.